



Why?

Family planning and reproductive health programs can help prevent unintended pregnancies and disease transmission.

Family Planning Programs Are Another Partner in **Fighting HIV/AIDS**

- ❖ **USAID's voluntary family planning programs help couples plan the spacing of the births of their children.** This helps parents provide for their family and reduces maternal and child illness and death. These programs can also help HIV-infected women avoid unintended pregnancies. Without treatment, about a third of HIV-infected mothers pass the virus to their newborns. Many of these children will sicken and die of AIDS.
- ❖ **Family planning programs can help prevent other sexually transmitted infections (STIs).** They can inform men and women about STIs, offer them condoms, and promote positive health behaviors to avoid both HIV and STIs.
- ❖ **Family planning programs are the backbone of women's health care.** For many women in the developing world, health care visits for family planning and pregnancy-related services are the first or only contact with the health care system. These visits offer opportunities to provide information and services on HIV/AIDS prevention.
- ❖ **Family planning programs can educate young people.** Worldwide, 1.7 billion young people are entering their reproductive years and could face both unplanned pregnancy and HIV infection. Family planning programs can inform youth about ways to prevent both pregnancy and HIV infection, including abstinence and condoms.

How?

USAID is working to integrate family planning and HIV/AIDS programs for improved efficiency and effectiveness. These integrated programs can:

- ❖ **Provide more comprehensive reproductive health care.** Behavior change education, information, counseling, and services help people adopt healthy lifestyles and avoid unintended pregnancy, HIV, and STIs.
- ❖ **Help HIV-positive individuals.** Family planning programs can teach HIV-positive individuals about preventing HIV transmission, improve their ability to plan for the future, and improve their general health and well-being by encouraging birth spacing at three- to five-year intervals. These programs can also reduce HIV infection in babies through mother-to-child HIV transmission.
- ❖ **Reach men.** Gender plays an important part in successful family planning and HIV prevention programs. Improving male-female communication, reaching men with messages about HIV/AIDS risks and STI prevention, and increasing their support for their partner's family planning/reproductive health goals can lead to improved reproductive health for both men and women.

The HIV/AIDS epidemic continues to expand, touching all corners of the world and affecting the lives of countless individuals and communities. The unmet need and demand for family planning also continue to increase. Integrating family planning and HIV/AIDS prevention will help protect health and save lives. Both these urgent health concerns must stay on the global health agenda.

What can **YOU** do?

- ❖ Get informed about international development, global health issues, HIV/AIDS, and family planning. Look for stories in your newspapers and on radio and television. Search the Web for information.
- ❖ Find out what the rest of the world is saying about this issue by viewing www.onlinenewspapers.com.
- ❖ Tell others how family planning programs can help in the fight against the HIV/AIDS pandemic and why this is important – not only to Americans but to the rest of the world.
- ❖ Get involved with an organization that is active in international affairs, health, or any area that interests you.
- ❖ Support international family planning programming and additional funding for programs that make family planning available to all people.
- ❖ Talk to children and young people about the world's people and tell them why helping others in the world is important. Explain it is important for the United States to play a role in improving world health.
- ❖ Find out what your government is doing in this area through the U.S. Agency for International Development. Visit our Web site at http://www.usaid.gov/pop_health/pop/index.html.

Family Planning Saves Lives

Cover Photos: Sara A. Holtz/JHU (top), BASICS II



Integrating Family Planning and HIV/AIDS Prevention Makes Sense

While powerful drugs offer people with HIV/AIDS hope for a longer, better life, there is no cure. Prevention remains the most powerful weapon in stopping the pandemic. Family planning programs – in addition to providing crucial services that protect the health and save the lives of women and children – can also be highly effective partners in HIV/AIDS prevention in developing countries. Family planning and HIV/AIDS programs can work together to save lives and prevent more HIV infections.

Family Planning Saves Lives

www.usaid.gov



Get the Facts!

